

451 Andover St.
Suite 300
North Andover, MA 01845
(978) 794-8405

Dr. Wachtel Discusses How to Give the Perfect Massage to Your Special Someone

Amber: So, we're going to go from food to feet because we have Dr. Wachtel on the line and happy Valentine's Dr. Wachtel!

Dr. Wachtel: Thank you very much.

Billy: Hi Dr. Wachtel, how are you?

Dr. Wachtel: Good, good.

Billy: Would you be afraid if I wished you a happy Valentine's day?

Dr. Wachtel: As long as you're going home with your wife.

Billy: Alright then, happy Valentine's day.

Dr. Wachtel: Thank you.

Amber: I've been enjoying this segment so much Dr. Wachtel because you know of course, Valentine's Day, you know feet, I've been relating everything to feet and you really can actually because feet are what it's all about if you have a problem with your foot, I mean really you know you're in big trouble, right?

Dr. Wachtel: I agree, I agree.

Billy: Exactly.

Amber: So, Dr. Wachtel has four offices, you are such a busy man and I do have a question for you today; how do you give a really good foot massage?

Dr. Wachtel: That's a really good question. Well, first of all, there are sensitive areas of the foot so let's talk about them. Typically, the pad on the bottom especially if it's a man giving a woman her much needed Valentine's day rub of the feet, right on the pad of the foot there is a fat pad right underneath the hint of the bones on the soul of your foot and basically, when you're walking there is a lot of rolling motion and it's very very painful there so that would be a really good area to do circular motions on with some oil so that there's not too much friction because there's so much pressure. Basically, women wear high-heeled shoes in their younger days and they wear out that pad.

Amber: Okay.

Dr. Wachtel: A natural fat pad so if you rub that area in a circular motion that would be very helpful and the inside of the arch is wonderful, you can stretch that tissue by going up and down with your thumb and rubbing that area and just increasing the circulation to those two different areas as well as on the heel.

Amber: Okay.

Dr. Wachtel: The end of the toes right in the joint would be a good thing to do you know literally like a little pulling motion to open up the joints of the toes, especially if someone has the beginnings of arthritis, just a gentle touch and increase of circulation to the area would be wonderful.

Amber: I have a question I've always wanted to ask someone who has as much knowledge about feet as you do. Is it true that there are certain spots that are connected say to your neck, your head, whatever through your feet, certain nerve endings. Is that true?

Dr. Wachtel: You know, that's an interesting question. They say that if you press certain areas of the foot, you wind up massaging your gall bladder.

Amber: Right, right.

Dr. Wachtel: You know I'll be honest with you, someone very close to me had acupuncture and I heard nay-sayers and positives and negatives, but a good friend of mine went for acupuncture and it helped them so I don't know much about that science particularly, but you know if someone's going to someone who specializes in that and they feel they are getting help I say power to you whether I believe it in a scientific, whether there's any real true scientific relationship in a western medicine kind of scene, that's not the way I practice so I don't know I would say yay or nay but you know a lot of people say that acupuncture is not a clear science and I don't know if you heard of chi and your different g spots on your back when you do acupuncture. I know people who have done acupuncture and obviously they have found a g spot so you know it all depends upon what your thinking is.

Amber: Right.

Dr. Wachtel: I don't practice it and I don't know how to even go about mapping the foot regarding what parts would have an origination to another part of your body but i'll tell you one thing; if you massage the foot after a long day on your feet...

Amber: So are you listening, Billy? Go ahead.

Dr. Wachtel: ...it's going to increase the circulation to all the parts that are tired, circulation in general...

Amber: Is so good for your feet, right?

Dr. Wachtel: ...Well, its good for your feet but it energizes the musculature and the ligaments

Amber: Oh really? Okay.

Dr. Wachtel: It's kind of like if you have a cramp in your leg, if you massage it you're increasing the blood flow and all of a sudden the pain goes away. The pains were dealing with were inflammatory or tiredness by increasing the circulation your re-energizing that area.

Amber: Ooh, I love that. We are talking to Dr. Wachtel who has four offices, he is a podiatrist, and where are the four offices located Doctor?

Dr. Wachtel: They are in North Andover, Lowell, Methuen, and in Bradford at the Whittier Rehab.

Amber: Over in Bradford and I'd like to mention my daughter has a little bit of an ingrown sort of toenail sort of thing going on.

Billy: Last weekend.

Amber: I tell you I felt so comfortable knowing I could call your office and if it was so bad that you know it started getting really swollen or whatever I could call you and I know I could get in because you always reserve some appointments for an emergency.

Dr. Wachtel: Absolutely!

Amber: Not a lot of doctors do that, what's your phone number?

Dr. Wachtel: (978) 794-8406, and I would recommend people to go to the website www.mitchellwachteldpm.com.

Amber: And I tell you how do you keep up? You have four offices and a wonderful staff that is just so amazing. I've enjoyed speaking to Jessie - she is such a sweetheart.

Dr. Wachtel: Yeah, she's my office manager and she is my coach because she knows when we're extremely busy she coaches the staff on how to handle who goes where and were really, really getting an organized staff because of her.

Billy: It's noticeable.

Amber: It is so noticeable and you know you are such a good family man too so you just have the balance down, you really do.

Dr. Wachtel: I belong to a practice management group and what we always say is there has to be a clear balance between work, play, and family and there can't be too much of each, obviously it's more of work because it's a 9-5 day.

Amber and Billy: Sure, right.

Dr. Wachtel: I do my power walks with the dogs.

Billy: And long showers, remember you told me that?

Dr. Wachtel: Long showers until the water is cold.

Billy: Right, right. It made a lot of sense, I know we only have a couple minutes left but he talked to me about that in the mornings and the power walk with the dogs.

Amber: So important, it is.

Dr. Wachtel: At the end of the morning, before you go to work, taking that, for me, it's a 15-18 minute shower and just washing all of the stress away.

Billy: Right, right.

Dr. Wachtel: We're embarking on something new, we're getting a massage therapist in the practice in a couple of weeks.

Billy: Excellent.

Amber: Oh, I'm excited, wow!

Dr. Wachtel: That kind of goes along with all of the foot pain and ankle pain and I look forward to my patients telling me how relaxed they are after going to the massage therapist.

Amber: Oh, you know what, I love that. I'm going to have to give you a call. For all you out there, he's also made an announcement; Dr. Wachtel is including a massage therapist in the practice and they are the best and they really, really help. I love going for massages, that's my little secret, I really do, I love it.

Dr. Wachtel: Great.

Billy: Excellent.

Amber: So listen, have a happy Valentine's Day Dr. Wachtel and we will talk to you next week, okay.